



Beenleigh

Bundjalung Country
 Opening Hours:
 Tuesday - Friday 9am – 5pm
 Saturday 10am - 3pm
 Address: 13A/20 Main Street Beenleigh
 Phone: (07) 3339 1599

Tuesday 28th	Wednesday 1 st	Thursday 2nd	Friday 3rd	Saturday 4 th
11am Chit chat for change 2pm Art Group	11am Bushwalking BREATHWORK	11am-12pm Smart Recovery 2-3pm Music Group	Cooking classes \$5 ICE BATHS/ BREATHWORK	DBT (closed group) 10am-2pm Enquiries @ 0455216810
Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th	Saturday 11 th
11am Chit change for change COMMUNITY MEETING 2pm Art Group	11am Bushwalking 2pm Community care counsellors visit MINDFULNESS (FOCUS)	11am-12pm Smart Recovery 2-3pm Music Group	Cooking classes \$5 CLOSED AT 2PM FOR CO-REFLECTION	DBT (closed group) 10am-2pm Enquiries @ 0455216810
Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th	Saturday 18 th
10:15 Visit from Bert Van Manen 11am chit chat for change 2pm Art Group	11am Bushwalking CHAIR YOGA	11am-12pm Smart Recovery 2-3pm Music Group	SURFING WITH CURRUMBIN SURF SCHOOL @ CURRUMBIN BEACH CENTRE CLOSED	DBT (closed group) 10am-2pm Enquiries @ 0455216810
Tuesday 21 nd	Wednesday 22 rd	Thursday 23 rd	Friday 24 th	Saturday 25 th
11am chit chat for change 2pm Art Group	11am Bushwalking BREATHWORK	11am-12pm Smart Recovery 2-3pm Music Group	Cooking classes \$5 ICE BATH/ BREATHWORK	DBT (closed group) 10am-2pm Enquiries @ 0455216810
Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st	
Y				
11am chit chat for change 2pm Art Group	11am Bushwalking BREATHWORK	11am-12pm Smart Recovery 2-3pm Music Group	Cooking classes \$5 ICE BATH/ BREATHWORK	

Chit chat for change- discussions and skills building workshops for actively working towards what recovery looks like for you.

Art Group- individual and group art projects run by our community. This is a great group to join if you are new to Brook RED, it's pretty low key and a great way to meet some people who want to meet you.

SMART Recovery- Self Management And Recovery Training. Set a realistic goal for the next 7 days towards working on your mental health. A great group if you have some challenges with substance use. Harm minimisation on your terms.

Cooking Classes- Working towards intuitive eating and having a good relationship with food, come and learn how to cook some simple meals from a food loving chef who still loves cooking.

Music Group- A group for music appreciation NO musical skills required. Enjoy the emotions that music creates for you.

Bushwalking- Spend some time with us out in nature, be in the moment and reconnect on one of our favourite walking tracks or swimming spots.

Share your interest- New interests are an important part of our holistic recovery. Do you have a new interest you want to share with us, we'd love to hear about it :)